

Paola Garcia, M.S., LMFT-S

About Me

I am licensed marriage and family therapist - with supervisor designation in the state of Texas. I currently work as a private practice therapist at Floreecer Behavioral Health. As a BIPOC/latina therapist a large focus of my work is in destigmatizing and decolonizing the field of mental health. My clinical/therapeutic approach is systemically approached, focusing on family therapy models and healing childhood trauma. As an entrepreneur, I also provide mentorship and guidance on how to build and run your own practice.

Supervision Model

Values

- Culture and Diversity
- Accessibility
- Effective Communication
- Positive Learning
- Ethics
- Professionalism
- Entrepreneurship

Approach

- Family/Systemic
- Integrative Model
- Collaborative
- Solution-focused
- Regenerative
- Decolonizing/Indigenous/Spiritual



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Education

**2017 - Our Lady of the Lake University
San Antonio, TX**

- M.S. Psychology
- Psychological Services for Spanish Speaking Population certificate

**2015 - St. Edward's University
Austin, TX**

- B.S. Behavioral Neuroscience

Experience

Floreecer Behavioral Health | March 2021 - Present
Owner/Psychotherapist

Capital Area Counseling | March 2022 - Present
Clinical Partner - Student Counselor Supervisor

Guardian House | March 2017-2023
Various Positions Intern-Counselor

Center for Health Care Services |
March 2018-2019
Senior Care Manager